



Chicken Dumplings

Servings: 4

Ingredients

Chicken Dumplings:

- 150g chicken mince (lean)
- 50g water chestnuts (canned, drained, finely diced)
- 4 medium spring onions (finely diced)
- 5cm ginger (peeled and minced)
- 1 clove garlic (peeled and chopped)

- 1 TBSP soy sauce
- 1 TSP sesame oil (plus extra for frying)
- 2 leaves savoy cabbage (chopped)
- 2 TSP oyster sauce
- 20 wonton wrappers

Sauce:

- 1 clove Garlic (minced)
- 1 TSP Ginger (minced)
- 1 TSP Chili flakes
- 60ml Canola oil/Vegetable oil
- 500ml Chicken stock
- 1 TSP Salt

Directions

Chicken Dumplings:

1. Place the water chestnuts, spring onions, ginger, garlic and cabbage in a food processor and pulse to a coarse mix. Tip into a large bowl, add the chicken, soy sauce, sesame oil and oyster sauce and mix well.
2. Spoon a teaspoon of filling along one half of each wonton wrapper. Spread out slightly and fold the other half over, pleating the edges with a little bit of water to stick.
3. Heat a drizzle of oil in a large non-stick pan and fry each dumpling for 1-2 minutes under medium heat. $\frac{1}{2}$ cup of water into the pan and cover to let it steam and cook for 8 minutes until the chicken is fully cooked.
4. Serve in a bowl with the sauce and garnish.

Sauce:

1. Heat up canola or vegetable oil in a pan till it is smoking hot.
2. Then pour the hot oil in a bowl with minced garlic, minced ginger and chili flakes in it.
3. Pour in the hot chicken stock in the mixture above and season with salt.



Vegetable Chow Mein

Servings: 4-6

Ingredients

Vegetable Chow Mein

- 10 oz (280g) fresh chow mein noodles (or 6 oz / 170g dried chow mein noodles)
- 2 TBSP Vegetable oil
- 1 TBSP minced ginger
- 1 (90g) carrot, peeled and julienned
- 5 oz (140g) white bottom mushrooms, sliced
- 4 oz baby bok choy (about 5 small heads), chopped
- 4 green onions, cut to 2" (5-cm) pieces
- 1 cup bean sprouts

Sauce:

- ¼ cup vegetable stock
- 2 TBSP vegetarian oyster sauce
- 1 TBSP Shaoxing wine (or dry sherry)
- 2 TSP light soy sauce (or soy sauce)
- 2 TSP dark soy sauce (or soy sauce)
- ¼ TSP white pepper

Directions

1. Soak noodles in a luke warm water for 5-8 minutes depending on the thickness of the noodles. Then drain and set aside.
2. Combine all the sauce ingredients in a small bowl, stir to mix well.
3. Heat oil in a large skillet over medium high until hot. Add the ginger. Stir a few times to release the fragrance.
4. Add the carrots and mushrooms. Cook and stir for 1 minute.
5. Add the baby bok choy. Cook and stir for another minute. Then add the bamboo shoot and green onions. Cook and stir for 1 to 2 minutes.
6. Spread out the noodles and pour in the sauce. Toss the noodles to mix the sauce. Cover the pan and let steam until the vegetables start to soften.
7. Add the bean sprouts. Toss for another minute or so, until the bean sprouts are softened. Transfer everything onto a big plate. Serve hot as a main.



Mango Pudding

Servings: 4

Ingredients

- 2 cups fresh mango cubes (2-3 medium size ripe sweet mango)
- 3 unflavored gelatin sheets 15g (or 10g gelatin powder)
- ½ cup granulated sugar, or more if needed
- 1 cup water
- 100 ml whipping cream
- 150 ml milk

Directions

1. Soak gelatin sheets in cold water until soft.
2. In a small pot, dissolve sugar in clean water. Then heat the water temperature among 50 degree C to 70 degree C, place gelatin in. Stir until dissolved.
3. Cut fresh mango in small dices. Blend well with the gelatin liquid. Blend well.
4. Add milk, cream and mix well.
5. Divide into four containers. Chill for at least 45 minutes until firmed.